

Tips for Better Life



**Take a 10-30 minutes walk every day.
And while you walk, smile.**



Sit in silence for at least 10 minutes each day.





Sleep for 7 hours.

**Live with the 3 E's : Energy, Enthusiasm,
and Empathy.**



Play more games.



Read more books than you did before.



**Drink plenty
of water.**



**Eat more foods that grow on trees and plants
and eat less food that
is manufactured
in plants.**



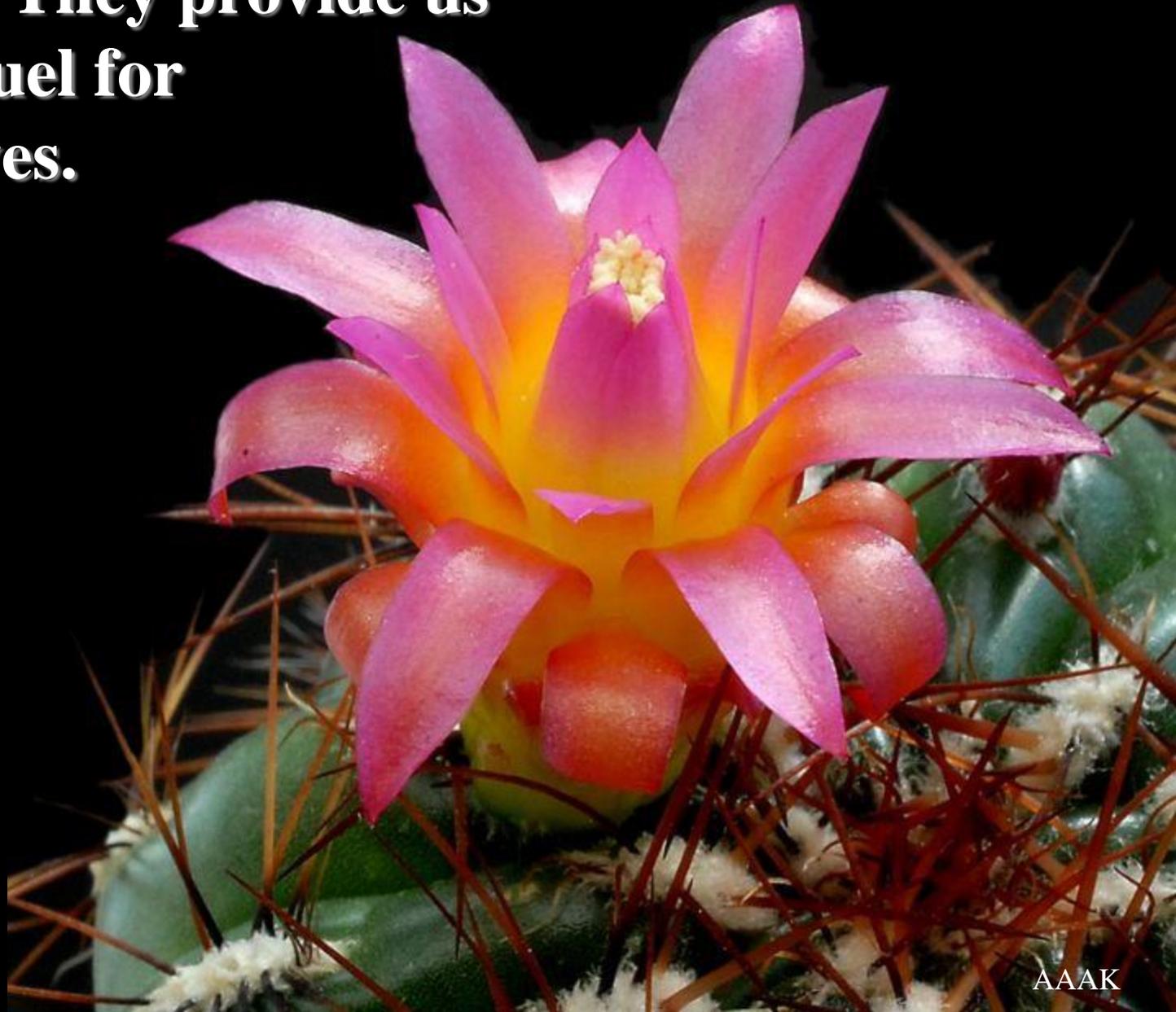
Eat breakfast like a king,



lunch like a prince

**and dinner like
a beggar.**

**Make time to practice meditation,
and prayer. They provide us
with daily fuel for
our busy lives.**



Dream more while you are awake.



Smile and laugh more.



Try to make at least three people smile each day.



Don't waste your precious energy on gossip.

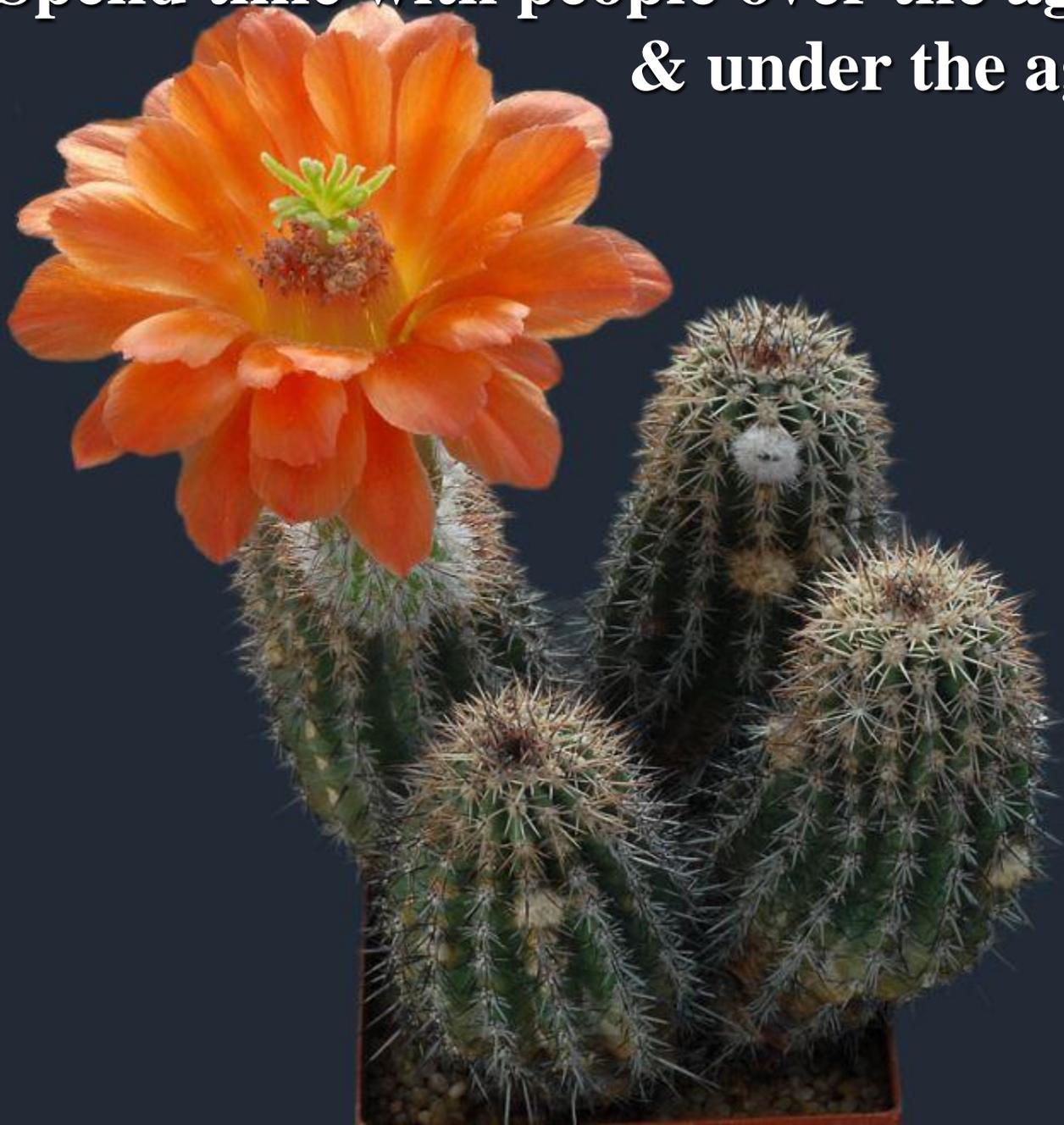


Don't have negative thoughts about things you cannot control.



**Instead invest
your energy
in the positive
present moment.**

**Spend time with people over the age of 70
& under the age of 6.**



Life is too short to waste time hating anyone.

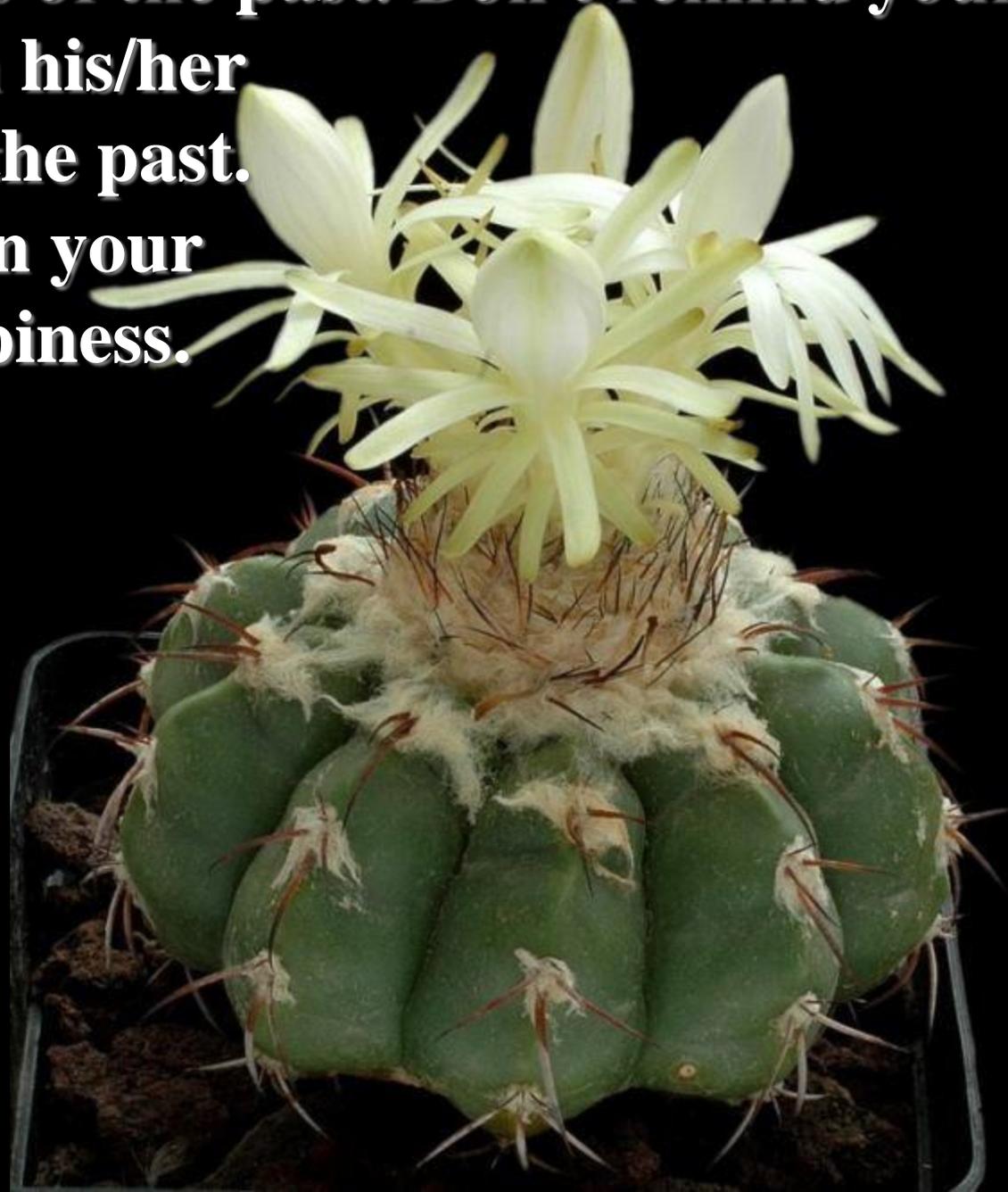


**Don't take yourself
so seriously.**

No one else does.



Forget issues of the past. Don't remind your partner with his/her mistakes of the past. This will ruin your present happiness.



**Realize that life is a school
and you are here
to learn. Problems
are simply part
of the curriculum
that appear and
fade away like
algebra class,
but the lessons
you learn
will last
a lifetime.**



**You don't have to win every argument.
Agree to disagree.**



Don't compare your life to others'. You have no idea what their journey is all about.



Make peace with your past so it won't spoil the present.



Your job won't take care of you when you are sick. Your friends will. Stay in touch.



Forgive everyone for everything.



What other people think of you is none of your business.



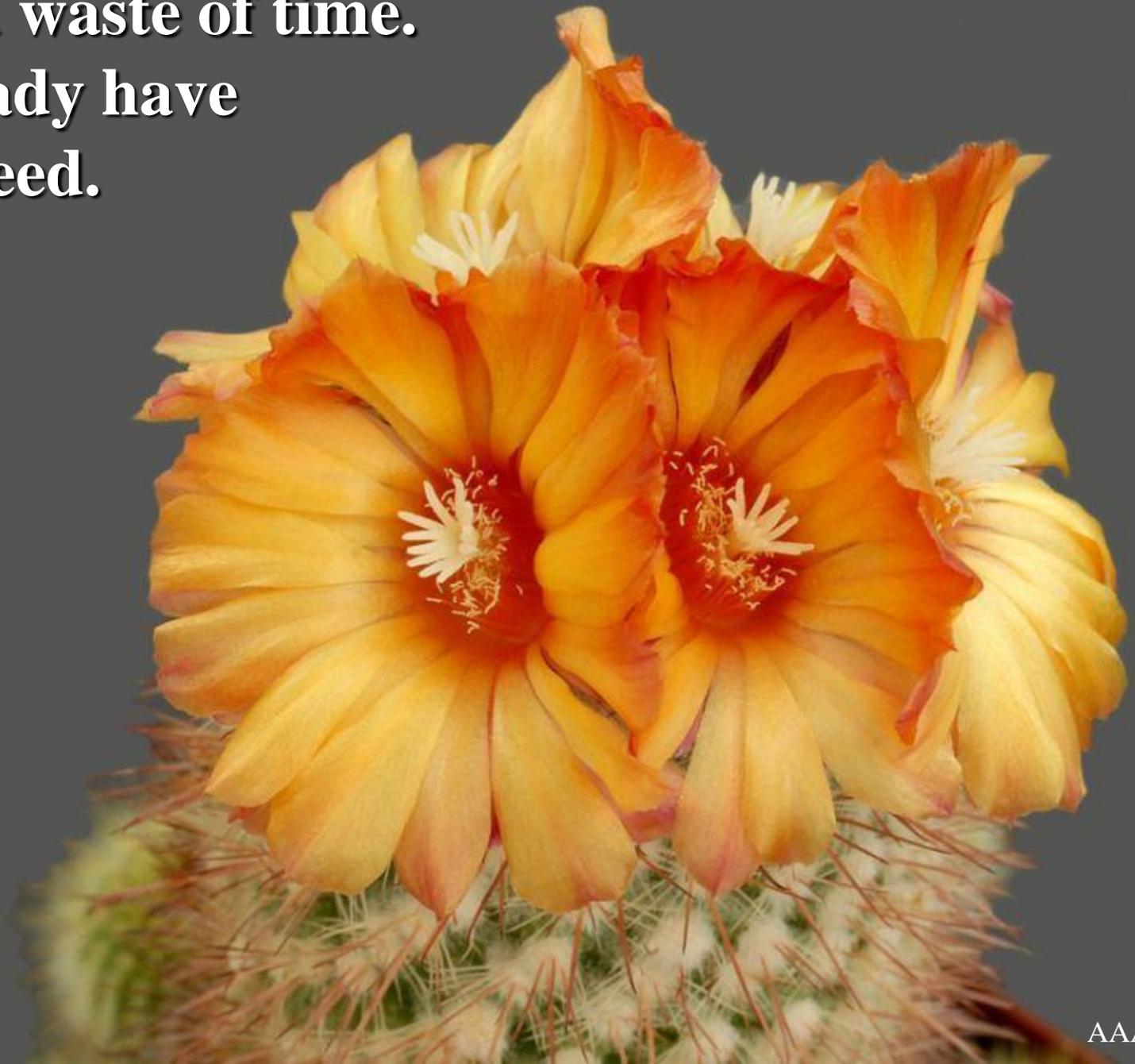
**However good or
bad a situation is,
it will change.**



**Get rid of anything
that isn't useful,
beautiful
or joyful.**



**Envy is a waste of time.
You already have
all you need.**



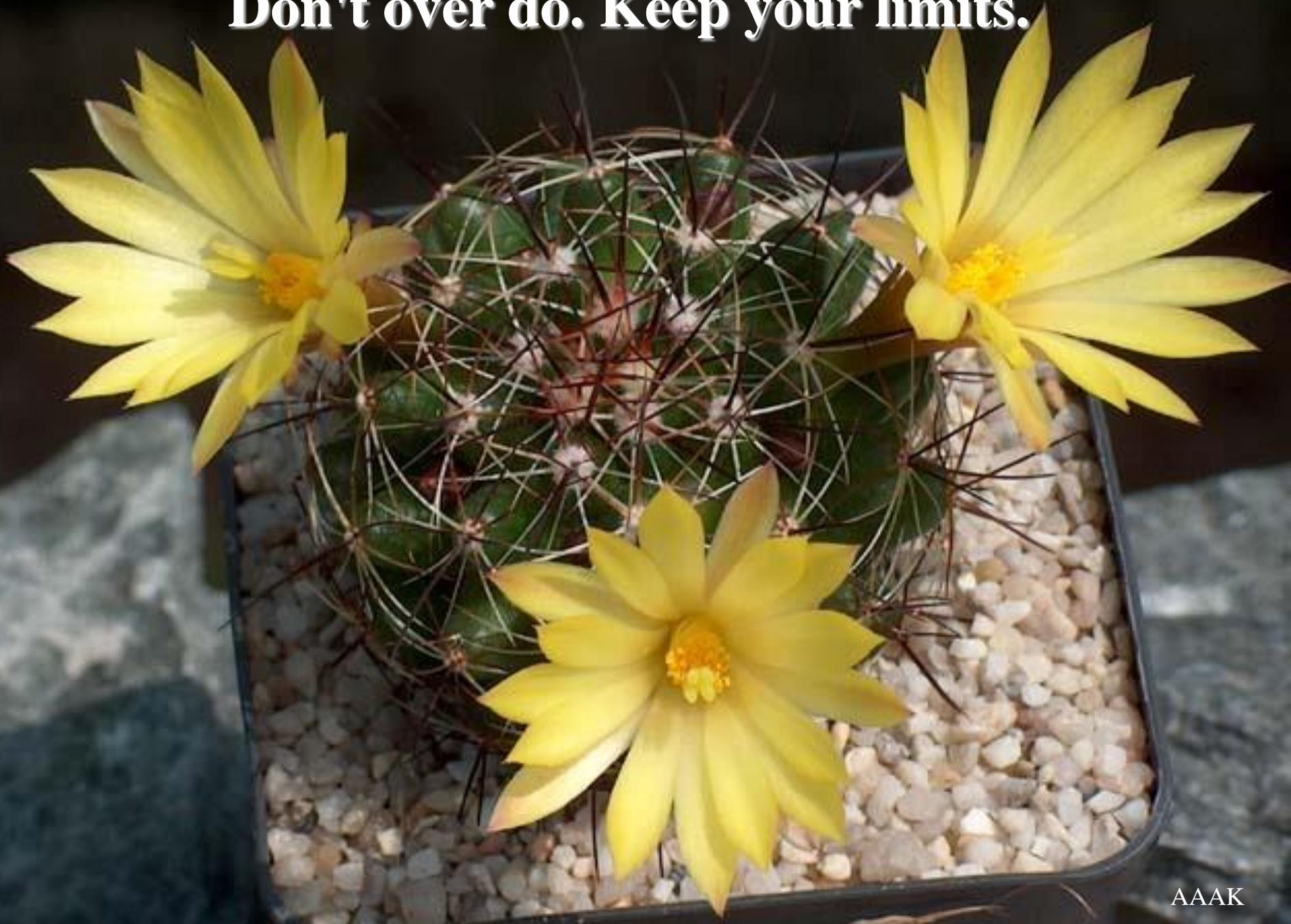
The best is yet to come.



**No matter how you feel, get up, dress up
and show up.**



Don't over do. Keep your limits.



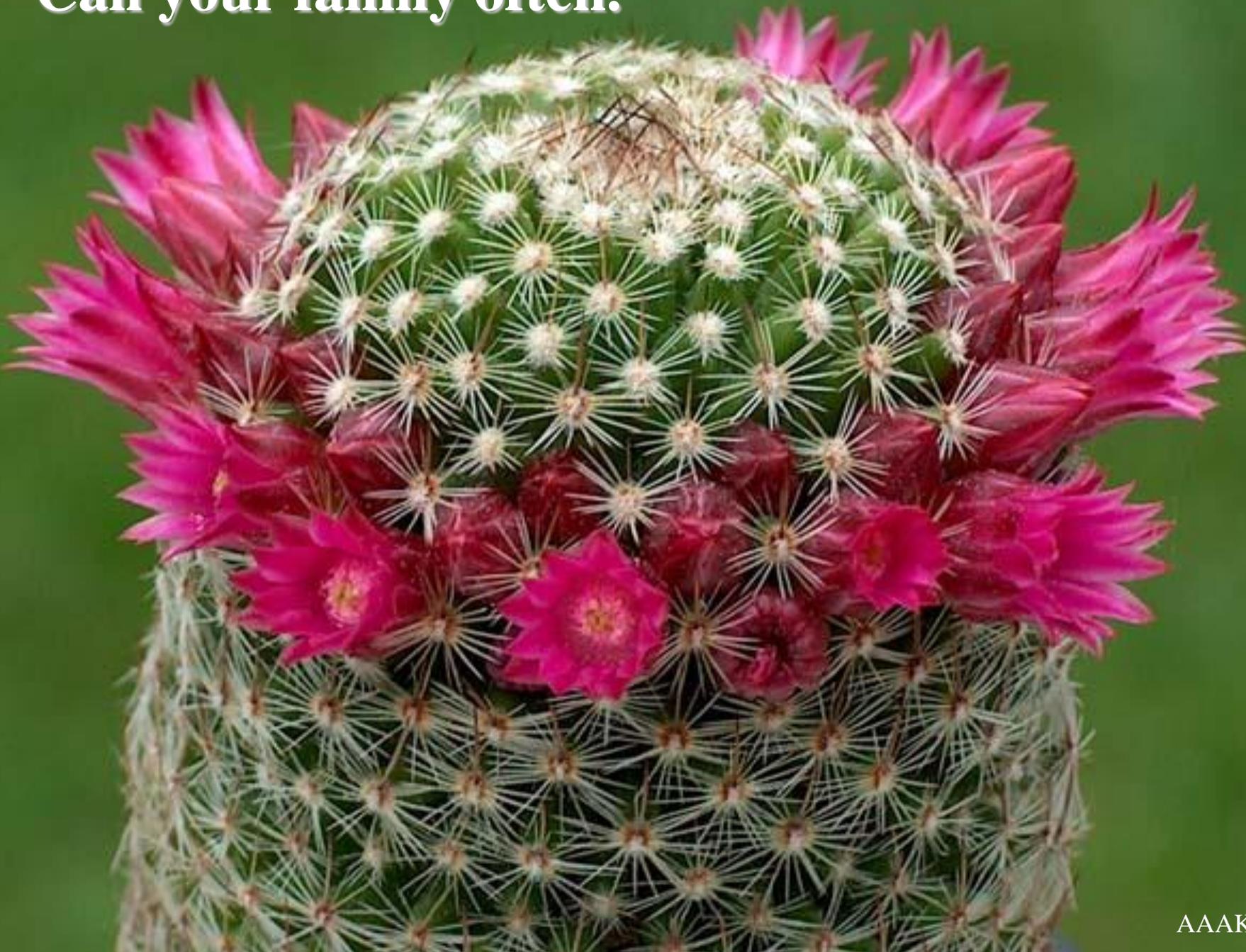
Your inner most is always happy. So be happy.



Do the right thing!



Call your family often.



**Each day give something
good to others.**



Forward this to everyone you care about.



**THE
END**

